

Longwood Senior Center

March 2015



6150 Foreland Garth
 Columbia MD 21045
 410-313-7217
 Director: Kathy Wehr

Hours: Monday through Friday 9:00am – 2:00pm
longwoodsc@howardcountymd.gov
 Hours: Monday through Friday - 9:00am – 2:00pm
www.howardcountyaging.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chinese Exercise 9:00am Lunch 12noon Line Dance 1:00pm Ping Pong & Games 2:00-4:00pm 2	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12noon Ping Pong & Games 1:00-4:00pm 3	Chinese Exercise 9:00am Yoga 10:00am Lunch 12noon Ping Pong & Games 1:00-4:00pm 4	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12noon Ping Pong & Games 1:00-3:00pm 5	Chinese Exercise 9:00am Blood Pressure Screening 10:00am Lunch 12Noon Games All Day!!! - until 2:00pm 6
Chinese Exercise 9:00am Women’s Group 11:00am Lunch 12noon Line Dance 1:00pm Ping Pong & Games 2:00-4:00pm 9	SENIOR CENTER CLOSED FOR DCS MEETING 10	Chinese Exercise 9:00am Yoga 10:00am Bingo 10:30am Lunch 12noon Korean Church 2:00pm 11	Senior Center is Closed for trip to see “Hello Dolly” at Mt. Hebron High School 12	Chinese Exercise 9:00am Joyce for Art 10:00am Soup & Salad Lunch 12Noon Games All Day - until 2:00pm 13
Chinese Exercise 9:00am Lunch 12noon Line Dance 1:00pm Ping Pong & Games 2:00-4:00pm 16	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12noon Ping Pong & Games 1:00-4:00pm 17	Chinese Exercise 9:00am Yoga 10:00am Lunch 12noon Community Meeting 12:45pm Ping Pong & Games 1:00-4:00pm 18	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Healthy Tasting 10:30am Lunch 12noon Ping Pong & Games 1:00-3:00pm 19	Chinese Exercise 9:00am Blood Pressure Screening 10:00am Pizza Lunch 12Noon Games All Day!!! - until 2:00pm 20
Chinese Exercise 9:00am Women’s Group 11:00am Lunch 12noon Line Dance 1:00pm Ping Pong & Games 2:00-4:00pm 23	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12noon Ping Pong & Games 1:00-4:00pm 24	Chinese Exercise 9:00am Yoga 10:00am Asian Lunch 12noon Ping Pong & Games 1:00-4:00pm 25	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12noon Ping Pong & Games 1:00-3:00pm 26	Chinese Exercise 9:00am Blood Pressure Screening 10:00am Joyce for Art 10:00am Games All Day!!! - until 2:00pm 27
Chinese Exercise 9:00am Lunch 12noon Line Dance 1:00pm Ping Pong & Games 2:00-4:00pm 30	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12noon Ping Pong & Games 1:00-4:00pm 31			

